WARRINGAH AQUATIC CENTRE

ENERGISED YOGA

Yoga means "unity" or oneness, so that the body, mind and breath work together to improve our physical and mental health.

Energised Yoga is for people with a degree of fitness and concentrates on stronger and moving postures to develop strength and energy.

Classes are run on a term basis.

WHEN:	Wednesdays at 7pm & Saturdays at 7.15am.
COST:	$96.80 for eleven weeks $88.00 for 10 weeks

All prices are inclusive of GST

Bookings are essential and can be made through the Programs Office on 9975 2951.

Aquatic Drive, Frenchs Forest, NSW, 2086
Reception: 94518000 Swim Program: 99752951 Fax: 99752163

Warringah Council

WARRINGAH AQUATIC CENTRE

Yoga

What is yoga?

Yoga means "unity" or oneness, so that the body, mind and breath work together to improve our physical and mental health. The practise of physical postures is called "Hatha" yoga. Doing these physical postures of Hatha Yoga with awareness and breath control can work on all the physical systems of the body such as circulatory, respiratory, muscular and nervous systems etc.

Our program will also include relaxation and meditation, which improves both our physical and mental state of being, lessening stress and worry.

The postures combined with relaxation and meditation can be adapted to the needs and abilities of most people regardless of age or physical condition to improve the well being of each individual.

The classes are conducted by qualified yoga instructor, Annette Loudon and are held at the Warringah Aquatic Centre during the school term.

WHEN: Contact the Programs Office for class times.

COST: $96.80 for 11 weeks.
$88.00 for 10 weeks.

All prices are inclusive of GST

Bookings are essential.

For bookings contact the Programs Office on 9975 2951.

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Yoga News Letter

Term 1 2001 Rebooking Information

We would like to thank you for your patronage in Term 4. We hope you all enjoyed your classes.

All of our Yoga classes will conclude the week starting 11th December.

Term 1 is an 11-week term for Monday to Thursday classes and 10 weeks for Friday and Saturday classes.
Classes will commence Monday 29th January.

Rebooking for Term 1 starts on Monday 27th November and finishes on Saturday 16th December. You must rebook and pay during this time to secure your place in the class.

Bookings and payment can be done at the Programs Office during the following hours: Monday-Friday 8.30am-6.15pm.
Saturday 8.00am-12.00noon.

If you attend a program which runs outside these office hours you can speak to someone in the Programs Office or ring 9975-2951 to arrange payment.

Missed Classes
No refunds will be given for missed classes.
If you require a make-up class please contact the Programs Office.

We would like to take this opportunity to wish everyone a safe and happy Xmas and New Year.

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HOLIDAY YOGA FOR JANUARY 2001

GENERAL YOGA

- TUESDAY 9.30AM (2nd, 9th & 16th Jan)
- WEDNESDAY 6.00PM(3rd, 10th & 17th Jan)

GENTLE YOGA

- THURSDAY 9.30AM(4th, 11th & 18th Jan)

ENERGIZING YOGA

- WEDNESDAY 7.00PM(3rd, 10th & 17th Jan)

YOGA FOR KIDS-7-13 YEAR OLDS

- WEDNESDAY 12.00PM(3rd 10th & 17th Jan)

YOGA FOR BEGINNERS

- TUESDAY 10.30AM(9th & 16th Jan)

WITH RELAXATION

- FRIDAY 9.30AM-1 ½ HOUR CLASS(5th & 19th Jan)

THE COST IS $8.80 PER CLASS.
BOOKINGS ARE ESSENTIAL AND CAN BE MADE FROM MONDAY 27TH NOVEMBER UNTIL SATURDAY 16TH DECEMBER AT THE PROGRAMS OFFICE. PAYMENT IS REQUIRED AT TIME OF BOOKING.

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